NEW JERSEY WIC PROGRAM AUTHORIZED FOODS

Effective October 1, 2009

New products introduced to the market after the effective date are not allowed.



Breastfeeding is Baby's Best Start





This institution is an equal opportunity provider and employer.

BREASTFEEDING IS BABY'S BEST START

BABY FOODS - MEATS for

Fully breastfeeding infants 6 through 11 months old

- · Amount and size listed on your WIC check
- · Single meat or poultry varieties with broth or gravy

NOT ALLOWED

Infant food combinations (such as meat and vegetables); infant dinners (such as spaghetti and meatballs); baby foods with added sugars or salt; organic baby meat

CANNED FISH for

Women who are fully breastfeeding

ANY BRAND

LIGHT TUNA

Minimum 5 - ounce cans packed in water only Plain varieties only

PINK SALMON

7.5 - ounce and 14.75 - ounce cans packed in water or oil only: plain varieties only

SARDINES

3.75 - ounce cans packed in water or oil only May contain bones and skin; plain varieties only

NOT ALLOWED

Albacore tuna, blueback salmon, red salmon; flavored fish; fish with added ingredients; fish in pouches; fish in individual serving size containers

INFANT CEREAL

- Amount and size listed on your WIC check
- 8 ounce and 16 ounce boxes only
- Plain varieties only: Rice, Oatmeal, Mixed Grains, Whole Wheat

NOT ALLOWED

Organic infant cereal; infant cereal with extra ingredients such as DHA, formula, fruit, yogurt or added protein

BABY FOODS - FRUITS and VEGETABLES

- Amount and size listed on your WIC check
- Any variety of single ingredient commercial infant food fruit
- Any variety of single ingredient commercial infant food vegetable
- Combination of plain single ingredients (such as peas and carrots)

NOT ALLOWED

Baby foods with added sugars, starches, or salt; baby food mixtures with cereal or infant food dessert (such as peach cobbler); organic baby food; any variety of baby foods that contains DHA or yogurt

INFANT FORMULA

Brand, size, and type as listed on your WIC check.

MILK

- Plain pasteurized cow's milk only
- Type, size and amount as listed on your check
- STORE BRAND ONLY

FLUID

Fat Free/Skim Low Fat/Light 1% Reduced Fat 2% Whole Milk

EVAPORATED/CANNED

Fat Free or Whole (12-ounce cans only)

ANY BRAND

LACTOSE REDUCED or 100% LACTOSE FREE

Fat Free/Skim Low Fat/Light 1% Reduced Fat 2% Whole Milk

UHT MILK (SHELF STABLE)

Fat Free/Skim Low Fat/Light 1% Reduced Fat 2% Whole Milk

DRY/POWDERED

Fat Free/Skim Low Fat/Light 1% Reduced Fat 2% Whole Milk

NOT ALLOWED

"Plus" milk; goat milk; rice milk; milk with added flavor or sugar; cultured buttermilk; acidophilus cultured milk; Kefir cultured milk; organic milk; Leche Klim; half and half; and milk with added calcium

SOY MILK

• Type, size and amount as listed on your WIC check

TOFU

- NASOYA Lite Silken Tofu only
- 16 ounce (1 pound) package only

NOT ALLOWED

Tofu with added fats, sugars, oils, sodium; organic tofu

Helpful Hints!

16 ounces = 1 pound

or

32 ounces = 2 pounds

CHEESE

- Cheese made in the USA from 100% pasteurized cow's milk only
- Cheese labeled low or reduced cholesterol, low or reduced fat, or low or light in sodium are allowed
- STORE BRAND ONLY
- 16 ounce package only in the following varieties:

Cheddar Part-Skim or Whole Mozzarella
Colby Pasteurized Process American

Monterey Jack Swis

NOT ALLOWED

Individually wrapped slices; deli cheese; imported cheese; cheese food; cheese spread; cheese product; flavored cheese; string cheese; organic cheese

EGGS

- Grade A Large only
- White only
- · One Dozen Carton only

NOT ALLOWED

1/2 dozen cartons (6 eggs); cooked eggs; jumbo eggs; extra large eggs; medium eggs; brown eggs, specialty eggs; organic eggs; low cholesterol eggs; Eggland's Best; cage free/free range eggs; eggs with omega-3

BEANS, PEAS and LENTILS

ANY BRAND

<u>DKY</u>

All plain varieties of mature beans, peas or lentils One Pound (16 - ounce) only

CANNED

All plain varieties of mature beans, peas, or lentils 15.0 - 16 ounce only

NOT ALLOWED

Green beans; green peas; snap beans; orange beans; wax beans; baked beans; pork and beans; beans with meat (such as franks and beans); canned beans containing added sugars, fats, meat or oils; organic beans; soups

PEANUT BUTTER

- STORE BRAND ONLY
- 18 ounce Jar only
- Creamy and crunchy are allowed
- · Low fat varieties are allowed

NOT ALLOWED

Organic peanut butter; natural peanut butter; peanut spread; freshly ground or whipped peanut butter; peanut butter mixed with jelly, marshmallow, chocolate or honey; peanut butter with added vitamins and minerals

WHOLE GRAIN BREAD PRODUCTS

- One pound (16 ounce) only
- ARNOLD

Stone Ground 100% Whole Wheat Bread

HAUSWALD

100% Whole Wheat Bread

PEPPERIDGE FARM

Stone Ground 100% Whole Wheat Bread Very Thin Sliced Soft 100% Whole Wheat Bread Whole Grain Seeded Rye Bread

• PATHMARK

100% Whole Wheat Bread

• SHOPRITE

100% Whole Wheat Bread

• STERN'S

100% Whole Wheat Bread 100% Whole Wheat <u>Rolls</u> - 8 count Choice Grain Bread

STOP & SHOP

100% Whole Wheat Bread (no salt added)

WEIGHT WATCHERS

Multigrain Bread 100% Whole Wheat Bread Whole Wheat <u>Rolls</u> - 8 count

OTHER WHOLE GRAIN PRODUCTS

• BROWN RICE

Anv Brand

One-pound (16-ounce) **or** two-pound (32-ounce) only Plain brown rice in boxes or bags May be instant, quick or regular cooking

• TORTILLA

Chi Chi's Whole Wheat Tortilla only 16 - ounce (1 Pound) package only

NOT ALLOWED

Brown rice with added sugars, fats or salt; brown rice with other ingredients

Call your Local WIC Office if you have any questions or concerns.

BREAKFAST CEREALS

Plain 12-ounce boxes or larger

• All cereals marked with an asterisk (*) are whole grain

STORE BRAND CEREALS

BRAN FLAKES Best Yet IGA Kemach

Acme

Shurfine Stop & Shop Taanug

CORN FLAKES

America's Choice Best Yet Flavorite Food Town IGA Kemach Krasdale Parade Pathmark

Red & White

Richfood

Shurfine

ShopRite

Super G

Taanug

Stop & Shop

White Rose

RICE CEREALS

CRISP RICE Best Yet IGA Parade Pathmark Red & White Shurfine Taanug White Rose

Food Town Krasdale Pathmark Stop & Shop Super G White Rose

CRISPY RICE

Acme

• OAT CEREALS* TOASTED OATS

Rainbow

Richfood

Shurfine

ShopRite

Taanua

White Rose

Red & White

TASTEEOS Best Yet Food Town America's Choice Flavorite Stop & Shop Kemach Krasdale Super G Parade Pathmark

INSTANT OATMEAL (Regular - 11.8 ounce) Acme America's Choice ShopRite Stop & Shop

WHEAT FLAKES * Kemach

SCRUNCHY CRISP RICE

ShopRite

Post

NATIONAL BRAND CEREALS





B & G Foods







General Mills









Kellogg's























Quaker







Homestat Farms





Malt-O-Meal



CASH-VALUE VOUCHER Use your Cash-Value Voucher Food List to select approved fresh, canned, and frozen fruits and

vegetables.

Helpful Hints!

16 ounces = 1 pound

32 ounces = 2 pounds

No substitutions of unauthorized

brands or sizes of WIC foods

allowed. No rain checks. No

cash, credit or returns allowed

for WIC checks or WIC foods. Only type, sizes and amount

listed on WIC checks are

allowed.

64-OUNCE PLASTIC BOTTLE ONLY

ANY BRAND

Grapefruit Juice Orange Grapefruit Juice Orange Juice Pineapple Juice

APPLE JUICE

Apple and Eve Musselman's Red & White Shurfine

Flavorite Lucky Leaf Nestle's (Juicy Juice) Stop & Shop

• CRANBERRY JUICE

Northland Shurfine

GRAPE JUICE

Seneca White Shurfine White Stop & Shop White Welch's White

Shurfine Purple Stop & Shop Purple Welch's Purple

TOMATO JUICE Shurfine

JUICE BLENDS

NESTLE'S (Juicy Juice) (Any Flavor except Harvest Surprise)

NORTHLAND

Cranberry Raspberry Cranberry Grape Cranberry Blackberry Cranberry Blueberry Cranberry Pomegranate

SHURFINE

Cranberry Apple Cranberry Raspberry

STOP & SHOP

Grape Simple Juice Cherry

WEGMANS

Apple Grape Berry White Grape Cranberry

White Grape Peach

64-OUNCE REFRIGERATED PAPER CARTONS ONLY

ANY BRAND

100% JUICE

Grapefruit Juice Orange Juice Orange Grapefruit Juice Pineapple Juice

11.5 - OUNCE CAN ONLY (SHELF-STABLE POURABLE CONCENTRATE)

• Welch's 100% Juice pourable concentrate

Any Flavor

11.5 - 12 OUNCE CAN ONLY (FROZEN CONCENTRATE)

ANY BRAND

Grapefruit Juice Orange Juice Pineapple Juice

APPLE JUICE

GRAPE JUICE

A&P Acme Old Orchard Seneca (red label)

ShopRite Shurfine

Seneca Purple

Welch's Purple (yellow lid/tear strip)

Welch's White (any flavor) (yellow lid/tear strip)

NOT ALLOWED

FOR ALL JUICE CATEGORIES LISTED ABOVE

Products that are not 100% juice

(drinks, ades, nectar, beverages, Hi-C, cocktails, twisters, coolers, splashes, punches, juices with added sugar, sugar substitute, or DHA/ARA)

Call your Local WIC Office if you have any questions or concerns.